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Bangalore Mirror

TEMP Max 29 | Min 20 | Humidity 85% Generally cloudy sky with moderate rain Sensex 82,726 | Nifty 25,219 | Gold 1,02,330 | Silver 1,19,000 | Dollar 86.41 | Euro 101.65 | GBP 116.83

CITY / PAGE 4

OFF TRACK

Bengaluru–Hubballi railway line was electrified a year ago, but several trains still run on diesel, burning a big hole in Railways' coffers

CITY / PAGE 7

DRIVE SAFE

Bengaluru–Mysuru Expressway set for safety revamp with Centre nod to extra ₹711.72 crore to address entry, exit points, service roads concerns

As habitual scrolling or incessant use of phone remains prevalent among auto and cab drivers, anxious passengers hang on to dear life — but no one is off the hook — as of June 2025, city records 15,235 violations of mobile use while driving

CAN'T TAKE MY EYES OFF YOU

Some may need to use phones for work, but traffic police warn against distractions

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In a city where streams of perfect selfies, exotic getaways, and curated lifestyles flood social media feeds, an unsettling truth lurks behind the filters, many of these images are crafted in moments that require undivided attention from drivers and riders in cars or on bikes. On Bengaluru's congested roads, scrolling illusions are trapping motorists in a dangerous situation, with mobile phone use emerging as one of the leading timepass for drivers during traffic.

By June 30, city traffic police had recorded an alarming 15,235 violations for using mobile phones while driving, underscoring a growing safety hazard. Motorists spanning car drivers, two-wheeler riders, auto and cab drivers, are often caught glancing at screens, texting, or scrolling for 'timepass' during long traffic snarls. Traffic police officials say the habit is proving stubbornly difficult to break, even with repeated awareness campaigns and visible enforcement.

BM spoke to an auto driver, who was busy looking at his phone during the trip. "People behind us are busy on their phones or stay silent to avoid interaction. Passengers just come and go. For us, this is our office -- we sit in the same spot all day, driving around. How long can we stay silent? We also get bored, so we talk on the phone or scroll during traffic," an auto driver said.

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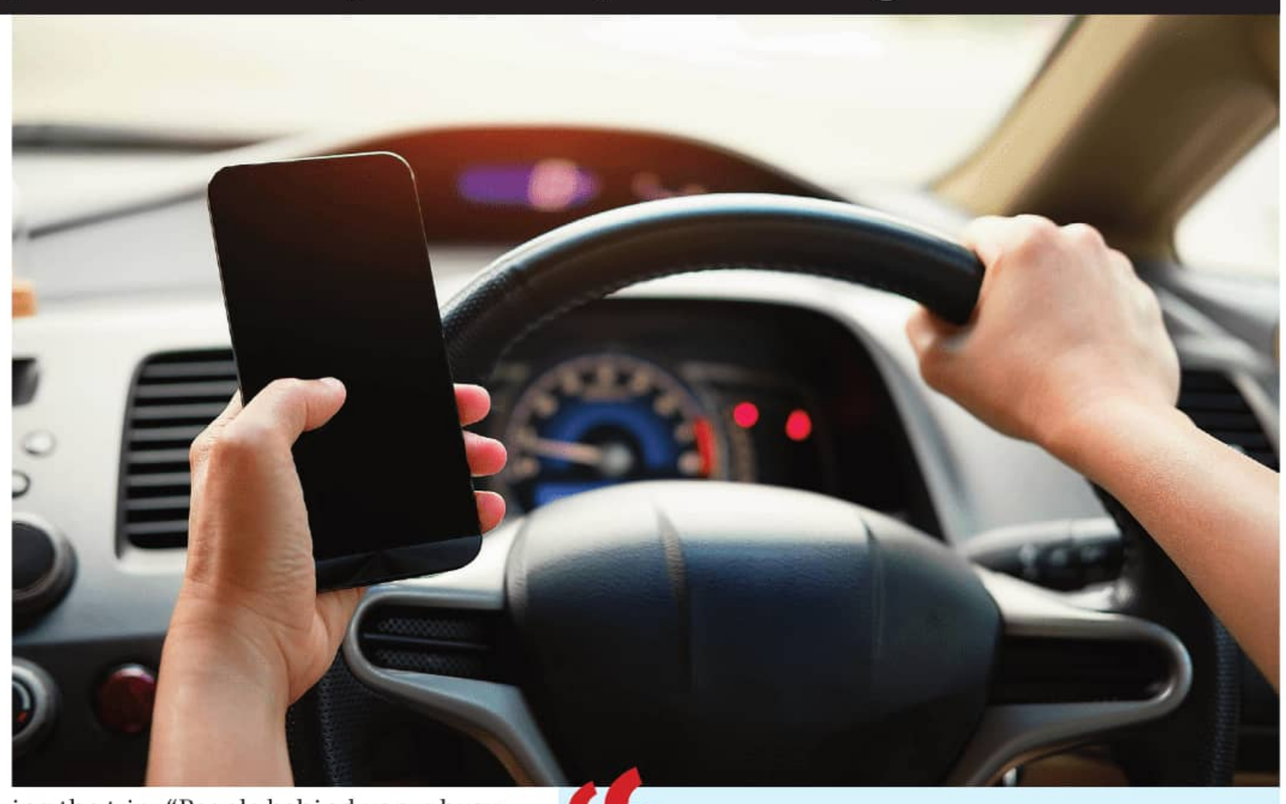

"Though traffic rules and fines are strictly enforced, for many drivers, it has become a habit to check their phones, without realising that even a few seconds of distraction can lead to serious accidents
—Traffic official

CASE OF THE BLOCKED DRAIN

Whitefield apartment complex residents won't be sitting ducks as private parties block rainwater outlet — their complaint has forced cops to lodge FIR

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Whitefield residents are wary of low-lying areas and apartment complexes getting flooded after each downpour. Now they have gone to the cops against the blocking of a rainwater outlet and drain and an FIR has been lodged against those behind this.

This comes after their pleas to Bruhat Bengaluru Mahanagara Palike (BBMP) Storm Water Drains engineers about the blocked outlet and drain remained unaddressed.

The Whitefield Police registered the FIR based on the complaint by Rama Narayanaswamy, president, Athashri Whitefield Apartment Owners Association. The FIR was registered under the Section 326 (c) of Bharatiya Nyaya Sanhita , 2023, which deals with any act which causes or which is likely to cause an

CONTINUED ON PAGE 6 >>

THINGS TO DO

01 Poetry realm

Atta Galatta is presenting the 9th edition of the Bengaluru Poetry Festival with an interesting mix of poetry performances, explorations of the connections between poetry and music, discussions about poetry, and opportunities to learn through performances and interactive sessions. **Where: Indiranagar Sangeetha Sabha, Indiranagar; When: August 2 and 3**

02 Fur fiesta

Love, Beauty and Planet is organising a first-of-its-kind 'Pet Rave' with four hours of fur-friendly fun, from glam squads for pets and parents to a scent bar even pups will love, along with caricature 'pawtraits', a playful pet zone, and cruelty-free haircare indulgence—all wrapped up in the brand's signature vegan, planet-loving vibe. **Where: Mannheim Craft Brewery, Whitefield; When: July 27, 3 pm to 7 pm**

03 Groove along

Windmills is presenting an immersive weekend of live music featuring Mystik Vibes, a dynamic trio known for their cross-cultural musical explorations. **Where: Windmills, Whitefield; When: July 25 and 26, 9.30 pm**

04 Literary journey

Author Ponnu Elizabeth Mathew will be discussing her new novel 'The Remnants of Rebellion', inspired by her grandfather's life in Kerala in the 1960s, in conversation with journalist Ammu Joseph. The multi-generational story spanning two timelines explores political uprisings, personal estrangement, and the quiet costs of resistance. **Where: Atta Galatta, Indiranagar; When: July 26, 6 pm**

05 Meaningful conversations

AndPurpose Forums is hosting an evening of purposeful conversations and collective vision, bringing together a diverse community to explore themes that shape the future of purpose-led action, sparking dialogue and collaboration at the intersection of innovation. **Where: Sabha Blr, Shivajinagar; When: July 24, 4 pm**

Eco-friendly flags to honour nation

To curb waste generated when plastic and paper flags are discarded after Independence Day celebrations, few senior citizens are crocheting flags that can be reused

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The flags, crocheted as a series of small triangular pieces, that can be strung together to create a decorative bunting, are meant to be used an alternative to plastic or paper flags

A group of senior citizens in Bengaluru is leading the way in celebrating a plastic-free Independence Day this year.

Defying the age barrier, three elderly women have decided to crochet Indian flags, as a series of small triangular pieces, that can be strung together to create a decorative bunting, as an alternative to plastic or paper flags. Each aged over 70, these individuals, painstakingly and carefully, are weaving cotton yarns into tricolors that can be reused to save the environment.

They say the idea is to discourage the use of plastic flags for Independence Day celebrations. "There are thousands of plastic and paper flags sold and bought every Independence Day and Republic Day. After a few hours, most of them get discarded, not only leading to plastic pollution but also disrespecting the tricolor," said Geetha Lohith, one of the senior citizens who is part of the initiative.

The yarn used to crochet the flags is pure cotton and can be washed and reused.

The idea to crochet the tricolor for the upcoming Independence Day celebrations came from Aparna Desraj Urs of Caring Squares, a team of volunteers who take up initiatives to help the community at large. "I floated the idea and it was lapped up by the women in the group who are senior citizens and know their way around crochet. As of now, we have distributed the flags free of cost," said Desraj.

The group says they looked up videos on the internet about ways to crochet the triangular shapes. "We learnt to create the shape with the help of information available on the internet. While the process is not intricate, it is time-consuming, especially when being done by homemakers like us. However, we can churn out two to three flags per person every day," said Jayanthi Sridhar, another senior citizen part of crocheting the flags.

The initiative is part of the Beautiful Bharat group's 'NoBalloonsPlease' campaign, which highlights how giving up balloons is a vital step in collective environmental preservation.

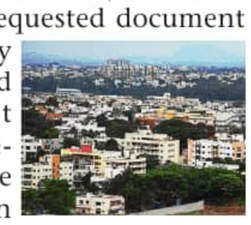
"While discussing the 'NoBalloonsPlease' campaign, one of our team members from Malleswaram came up with the idea of crochet tricolour triangles, which sparked off this new project," said Odette Katrak, co-founder of Beautiful Bharat, a citizen volunteer group, adding that sustainable alternatives such as cloth, paper, or flower decorations that can be reused, recycled, or composted must be encouraged. "By integrating these with livelihood opportunities (such as tailoring fabric scraps converted to reusable decor), we solve a waste issue with economic and environmental gain," said Katrak.

Anti-plastic crusaders also say the benefits of these alternatives go beyond environmental good. Apart from ensuring community involvement, such initiatives also create livelihood opportunities for the underprivileged.

32 crore land record pages digitised

In a major digital leap, the Karnataka Revenue Department has already digitised over 32 crore land record pages as part of its ambitious transformation of land documentation. With the remaining 5 crore pages set to follow, the department has now made it mandatory to issue all land records in digital format — phasing out handwritten and traditionally certified hard copies. Under the new system, 'A' and 'B' category land records will now be issued only in digital form. This transition, officials say, will bring greater transparency, eliminate tampering, and ensure faster, easier access for property owners and applicants.

Digital services are already operational in all 240 taluk offices across the state and will soon be extended to over 700 Atalji Janasnehi Kendras (Nadakacheris). If a requested document is already scanned and verified, it can be delivered the same day. In cases where digitisation is pending, the record will be made available within seven days.



To support this digital shift, the Revenue Department has launched the 'Bhoosuraksha' project aimed at systematically preserving and securing Karnataka's land records. Amongst the 31 districts where this initiative is underway, scanning has been completed in 17 taluks, while work is ongoing in 209 others. The focus is on preserving 'A' category records permanently and 'B' category records for up to 30 years, encompassing an estimated 100 crore pages in total. So far, 32 crore pages have been digitised, and the remaining 5 crore pages are expected to be completed soon. **— BMB**

Just a quick look...

CONTINUED FROM PAGE 1

Senior traffic officials say using phones while driving is very dangerous as it slows reaction time, makes drivers miss important signs, and increases accident risks. Still, many think a quick look at their screen won't cause harm. Officials add that though traffic rules and fines are always strictly enforced, for many drivers it has become a habit to check their phones, without realising that even a few seconds of distraction can lead to serious accidents.

Recently, in a social media post, a citizen shared that his daily routine ride turned stressful when his auto driver scrolled Instagram throughout the journey, even slowing down in traffic to check actress Sreeleela's profile. "I had just 20 minutes to reach my office for an urgent call, but the 10-minute ride dragged on as he steered with one hand and scrolled with the other," the commuter said. He added that the driver even paused on a busy road to browse her photos, leaving him anxious and helpless.

Online reactions

Following the post, many netizens shared the commuter's frustration over distracted driving. "Slowing down in traffic just to browse a celebrity's profile is utterly irresponsible," one user wrote. Another added, "Auto drivers being glued to their phones is far more common than people think."

It's not only cab or auto drivers

Such cases are far from rare. Commuters across Bengaluru often report auto and cab drivers watching reels, texting, or scrolling through social media even while navigating dense traffic, endangering not just their passengers but everyone on the road but its not them alone who are responsible in building violation, even those who are on two wheelers use phones to get their work done. However, a traffic official said, "Not all the cases are that of scrolling social media. People also use their phones for work-related calls, or as a part of their job such as cab drivers, in particular, may need to use their phones for communication with customers, managing bookings, and navigating. There might be emergency calls from family. And in some situations, family members without realising keep on calling in frustration, so the rider picks up the call."

In 2018, a survey had indicated that 83% of respondents in Bengaluru use mobile phones while driving, with a significant portion using them for work and social media and the scenario has remained pretty much the same even today.

Mandatory rural and urban service for medical graduates to begin soon

Health Minister Dinesh Gundu Rao announced that the process of mandating medical graduates to serve in vacant MBBS and specialist doctor posts at Primary Health Centres (PHCs) and taluk hospitals—both rural and urban—will begin in the first week of August. Anticipating possible legal challenges, he stated that a formal government order (Sugrivajne) is also being implemented to support the move.

He revealed that over 2,000 MBBS and 1,700 specialist posts remain vacant across the state, and graduate doctors will be deployed to fill them. Additionally, the government has approved the recruitment of 1,630 nurses, which will also take place in August. Speaking on the success of the Dr Puneeth Rajkumar Hridayajyoti scheme, the minister said that it has been instrumental in early detection and treatment of heart conditions, and it will soon be expanded to all taluk hospitals and advanced urban health centres. Addressing concerns over National Health Mission (NHM) contract staff, he clarified that no mass terminations are taking place and that staff performance is being evaluated to retain efficient workers. **— BMB**

CRIME FILES

KG Halli attack: 3 sentenced

Three of the 187 accused in the KG Halli Police Station attack case of 2020, Syed Ikramuddin, Syed Asif, and Mohammed Atif, pleaded guilty. The NIA Court on Wednesday sentenced them to seven years of imprisonment and imposed a fine of ₹36,000 each. On August 11, 2020, 25–30 people gathered outside the station shouting slogans. By 9:00 pm, the crowd had swelled, turning violent despite curfew orders under Section 144 CrPC. Stones, iron rods, sticks, and petrol bombs were used as the mob pelted stones, vandalised property. Police personnel and bystanders were injured in the attack. Repeated warnings and tear gas failed to control the mob, forcing police to open fire in self-defence. A case was registered under IPC, UA(P) Act. The National Investigation Agency (NIA) took over the case. **–BMB**

Rowdy murder: MLA grilled again

One more accused was arrested in the murder of rowdy-sheeter Shivaprakash on Wednesday, taking the total arrests to 12. The arrested has been identified as Shivu, an auto driver. Meanwhile, KR Puram MLA Byrati Basavaraj, a suspect in the murder of rowdy-sheeter Shivaprakash alias Biklu Shiva, appeared at Bharathinagar police station for the second time on Wednesday. He was questioned for four hours by ACP Prakash Rathod and his team, who recorded his statement.

This comes after his first round of questioning on July 19, which lasted three hours. With new evidence emerging, police are probing Basavaraj from several angles. Investigators are looking into his alleged links. **–BMB**

Explosives found at bus stand

Six gelatin sticks and several detonators were found in an unattended bag near the washroom at Kalasipalya BMTC bus stand on Wednesday afternoon, which caused panic among thousands of commuters.

According to the complaint, earlier that morning, around 8 am, two bombs were reportedly thrown by members of a group known as Kalagakka Bandu Ondu, who had earlier sold their TMT Bada Nirman Muttala Bika. No damage was reported at the time.

Later, around 1:15 pm, security staff Prabhavathi and Raju noticed an unattended bag near the toilet and brought it to the attention of the complainant, an ATS staffer at the bus stand. A team from Kalasipalya Police Station, accompanied by the Bomb Disposal Squad (BDS), rushed to the spot and cordoned off the area to ensure public safety. After a thorough examination, the squad confirmed that the bag contained six gelatin sticks and several detonators, kept separately. The materials were seized and sent for forensic analysis to ascertain their origin and potential threat. **–BMB**

Driver caught for stealing steel coils

A transport company driver who disappeared with three massive steel coils worth ₹27 lakh was caught after Jalahalli police tracked him across districts and recovered the 33.6-tonne consignment

According to the complaint filed by the manager of a Coimbatore-based transport firm, the accused had been employed with the company for the past two months and was assigned a 16-wheeler truck to transport three steel coils from JSW Steels in Torangal, to a factory in Coimbatore. The consignment, picked up on June 18, failed to reach its destination the next day. GPS tracking revealed that the truck was parked for two hours at HMT Industrial Estate, early on June 20 Later, the lorry was found abandoned and empty, and the driver was missing. **–BMB**

Probe reveals trading breach

The Directorate of Enforcement (ED), Bengaluru Zonal Office, has filed a complaint under Section 16(3) of the Foreign Exchange Management Act (FEMA), 1999, against Myntra Designs Private Limited, its related companies, and their directors for alleged violations amounting to ₹1,654.35 crore.

The investigation began after credible information indicated that Myntra Designs Pvt Ltd was conducting Multi-Brand Retail Trading under the guise of "Wholesale Cash & Carry," in violation of India's FDI policy. According to the ED, Myntra had declared itself as a wholesale cash-and-carry business and attracted foreign direct investment worth 1,654.35 crore. **–BMB**

ED files complaint over FDI

The Directorate of Enforcement (ED), Bengaluru Zonal Office, has filed a complaint under Section 16(3) of the Foreign Exchange Management Act (FEMA), 1999, against M/s One Sigma Technologies Pvt Ltd (SIMPL) and its Director, Nithya Nand Sharma, for alleged violations amounting to ₹913.75 crore.

The investigation began after credible information suggested that SIMPL had received a large amount of Foreign Direct Investment (FDI) from the United States in breach of India's FDI policy. SIMPL operates through its mobile app "SIMPL," offering Buy Now Pay Later services. According to the ED, SIMPL received FDI worth ₹648.87 crore and issued convertible notes worth ₹264.88 crore under the 100% automatic route, declaring its business as "IT and computer services." However, the probe found that SIMPL's core operations fall under financial services. As per RBI's guidelines, FDI in financial activities not regulated by any authority must be routed through the government approval process. **–BMB**

Phase 3 tree talks to resume next month

Bangalore Metro Rail Corporation Limited (BMRCL) will organise another set of public consultation meetings in August regarding trees in the city likely to be affected during the construction of its Phase 3 corridors. The decision was taken during the public consultation meeting held on Wednesday in Sanjay Nagar.

"We have not finalised the dates yet. However, the public consultation meeting for Phase 3 corridors will be held again in August on public demand. We will also ensure that the sessions are conducted over weekdays for better participation," said a BMRCL official.

The citizens and environmentalists present requested a fresh session with at least two weeks' notice to ensure that citizens can participate in good numbers.

This was after fewer than 10 people attended the meeting held on Wednesday.

"We asked the panelists to postpone the meeting because of the less crowd, we called off the meeting, we asked the panelists to conduct the meetings on the weekend and not godforsaken place but to have it in the center of the town, which is accessible to public so that they can share their views," said Alexander James, a senior citizen and city-based green cover proponent.

BMRCL conducted a series of five public consultations over three consecutive days, starting July 21, to discuss the Corporation's plan to cut 11,137 trees for its Phase 3 corridors.

During the session in Padmanabhanagar, BMRCL informed that only 6,800 trees out of the total 11,000 will be cut, and the rest will either be pruned or transplanted to other locations.

Dattatreya Devare, trustee of Bangalore Environment Trust and a city-based environmentalist, who attended the meeting on Wednesday, opined that BMRCL should revise its old DPR and publish the report in the public domain.

"The final alignment of Phase 3 should be fixed after public consultation and after the environmental impact assessment report is ready. BMRCL should put the EIA report in the public domain and also involve a tree expert committee before finalising the alignment. Moreover, a summary of all opinions and feedback received during public consultation meetings should also be made public," said Devare. Experts who attended the meeting said that all five sessions conducted over the last three days should be considered null and void due to low participation. **–BMB**

No action yet on govt school counsellor appointments

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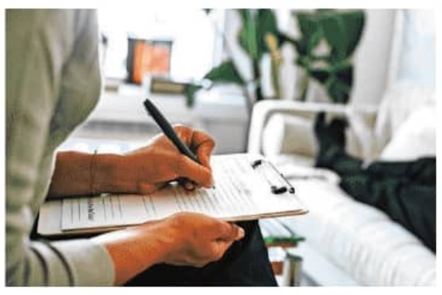

The child rights activists have been making efforts to convince the state government to provide counselling facilities for government high school and college students. However, as usual, the government officials gave assurance to appoint counsellors for the benefit of students, especially girl students at the government high schools and colleges, but have done nothing to date.

The former Commissioner of Health and Family Welfare Department D Randeep wrote a letter on July 12, 2024 to the Health and Family Welfare Principal Secretary stating that high school and college students can avail counselling from counselors and doctors at taluk and district hospitals under the District Mental Health Programme and Taluk Mental Health Programme that are implemented in all districts and BBMP limits on Tuesdays and Fridays.

Bangalore Mirror published a story, "Child rights activists push for counsellors in schools" on July 18, 2024, narrating how the Child Rights Parliament was held on November 21, 2023, after a hiatus o five years, and how the children assembled at Vidhana Soudha submitted a memorandum to the government highlighting the critical matters concerning their development and welfare.

However, the authorities concerned have failed to meet the demand of children even after a year. Expressing concern over the lack of counseling facilities at government high schools and colleges, Dr Thippeswamy KT, a member of Karnataka State Commission for Protection of Child Rights (KSCPCR), wrote a letter on July 22, 2025 to the Principal Secretary, Department of School Education and Literacy to take measures to appoint counselors for the overall development of the government high school and college students.

"Many students are ending their lives by suicide. There are incidents of teen pregnancies in the state. The number of POCSO cases is increasing. It is necessary to have counsellors at the government high schools and colleges to guide and counsel students for their overall development of students. Karnataka Legislature Committee, in its 50th report, has recommended the appointment of counsellors. I appeal to you to take measures to appoint counsellors at government colleges, Karnataka Public Schools," the letter read.

Nagasimha G Rao, child rights activist, said, "Many children undergo stress, loneliness, sexual abuse, online abuse, and the emotional challenges of adolescence. They often do not share these issues with parents, teachers, or even their closest friends. Having a trained counsellor in school provides them with someone they can talk to with trust. Counsellors help children express their hidden feelings, fears."

Track is electrified, but trains still run on diesel

Despite completing electrification in 2023, incomplete power infrastructure keeps diesel trains running and costs Railways ₹4.36 crore monthly

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The electrification of the Bengaluru-Hubballi railway line was completed over a year ago in June 2023, but the full transition from diesel to electric locomotives remains incomplete. The reason: Karnataka's delay in acquiring land and setting up necessary power supply infrastructure. Due to this, the South Western Railway (SWR) continues to run several trains on diesel, incurring a hefty monthly expenditure of ₹4.36 crore.

Despite the electrification of the 470-km Bengaluru-Hubballi railway corridor being technically complete, only partial electric operations are in place. Officials cite the absence of critical traction substations and incomplete transmission lines as major hurdles. Land acquisition delays have become the primary bottleneck, preventing the commissioning of key power infrastructure required to fully switch over to electric traction.

Of the 32 trains running daily along the corridor—including passenger, freight, and the semi-high-speed Vande Bharat services—only 24 currently use electric locomotives. The remaining eight continue to operate on diesel, consuming an estimated 7.64 lakh litres of fuel each month. This results in an avoidable monthly fuel cost of ₹4.36 crore, a financial burden that officials say could be easily mitigated if power supply issues were resolved.

According to railway sources, the South Western Railway has been appealing to the Karnataka government since June last year to expedite work on supporting infrastructure. The Karnataka Power Transmission Corporation Limited (KPTCL), responsible for laying transmission lines and energising substations, has made slow progress. As a result, crucial sections of the route remain dependent on diesel engines, despite the completed overhead electric lines.

Of the 25 planned substations along the corridor, only 12 have been completed so far. Construction of the remaining 13 has stalled due to administrative delays and unresolved land issues. Notably, the substation at Honnavalli remains non-functional because transmission line work was abruptly halted. Others at Tolahunase, Ramagiri, and Doddabele are grappling with inconsistent power supply due to the absence of proper connections to the grid.

> **"One key substation remains non-functional due to halted transmission line work, making full electric train operation impossible**
> – Railway official

A significant transmission line—110 kV from the Belagumba Grid Substation via Tiptur and Arsikere—remains incomplete, exacerbating the power shortage. While surveys have been conducted on agricultural, horticultural, and forest lands earmarked for the project, compensation to affected farmers has yet to be disbursed. Additionally, the identification of landowners in three survey numbers in Tiptur taluk is still pending, further slowing progress.

A senior railway official, who did not wish to be named, said that until landowners are identified and compensated, no construction work can begin. He emphasised that only swift administrative action will allow the Railways to realise the economic and environmental benefits of its electrification efforts.

Brigade Road sewage crisis finally fixed

Shop owners, pedestrians and motorists are happy with the Bengaluru Water Supply and Sewerage Board (BWSSB) authorities taking measures to fix the nauseating problem on Brigade Road.

The issue, which had plagued the popular shopping stretch, was recently highlighted by Bangalore Mirror in its July 23, 2024 report — Smart city's OFC chamber now a filthy sewer drain. The story detailed how sewage water had been entering the optical fibre cable (OFC) chambers, creating a health and hygiene hazard. Shop owners had blamed poor supervision and lack of action by BWSSB and Smart City engineers, alleging that repeated complaints had gone unanswered.

Bangalore Mirror
Smart city's OFC chamber now a filthy sewer drain

Bangalore Mirror report published on July 23, 2025

Above: BWSSB crew at work after repeated complaints from shops

This is the second such incident in a month. A previous report published on June 19, 2025, Sewage spot is raising a stink on Brigade Road, had also pointed to the BWSSB's failure to act on written complaints. Welcoming the recent fix, Bramhananda Reddy, president of the Brigade Road Shops and Owners' Association, thanked the BWSSB engineer. "I'm happy to see no dirty water flowing onto the road," he said, while urging regular inspections to prevent such lapses. — BMB

Metro's Yellow Line set for August launch

Metro operations between RV Road and Bommasandra on Bengaluru's Yellow Line are all set to begin in August, with inspection work already underway. The Commissioner of Metro Railway Safety (CMRS) began a detailed safety inspection on Tuesday, including a motor trolley check to examine the tracks. This 18.8-km stretch, connecting South Bengaluru to the Electronic City IT hub, marks India's first implementation of CBTC driverless train technology on Namma Metro, necessitating stricter scrutiny of speed, curves, station halts, and signalling systems.

The corridor features 16 stations and will improve access between South Bengaluru and the city centre through its interchange with the Green Line at RV Road. The fourth train—required for commercial launch—is expected to arrive in early August. Final checks, such as load testing and signal trials, are scheduled soon after. If all goes to plan, operations may begin by the third week of August, with trains expected to run every 25 minutes. — BMB

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Plug the leak
Sampangi Rama Nagar

Persistent water leakage on First Main Road, Raja Ram Mohan Roy Road Extension—opposite ITC Gardenia—is damaging the road surface and causing inconvenience to commuters.

Road neglect
Bhartiya City

The road behind Bhartiya City remains in a dismal state. Residents urge authorities to intervene and carry out much-needed repairs.

Branch out
Indiranagar

Branches cut near Indiranagar Metro Station, close to Max Shopping Mall, have not been cleared, cluttering the roadside and creating a mess.

Transport department rolls out central card system

To reduce delays and irregularities in issuing Driving Licences (DL) and Registration Certificates (RC), the Transport Department is launching a centralised smart card printing system. All cards will now be printed at the Transport Commissioner's Office in Bengaluru and sent to citizens via Speed Post, replacing the old decentralised RTO-based printing model prone to delays.

The state currently has three Joint Transport Commissioners, several Senior RTOs, 44 RTO offices, and 20 ARTO offices. These offices issue DLs and RCs using Sarathi-4 and Vahan-4 web-based platforms. Numerous complaints over delays and malpractices at the local level led to the decision.

"To ensure timely delivery and reduce fraud, the tender for centralised smart card printing has been finalised," said A M Yogeesh, Transport Commissioner. The new polycarbonate smart cards are durable, secure, laser-etched, and chip-enabled with QR codes and over 25 data fields.**–BMB**

Essential goods traders exempt from GST

Chief Minister Siddaramaiah clarified that essential goods like milk, vegetables, meat, and fruits will remain exempt from GST, and no tax will be imposed on traders dealing exclusively in these items. Responding to concerns over GST notices, he said only traders with UPI transactions exceeding above ₹40 lakh were issued notices to encourage GST registration. He assured exempted goods will not attract tax, but eligible traders must comply. In a meeting with trade bodies including FKCCI, he announced that old tax arrears won't be pursued if traders register. The government agreed to strengthen the GST helpline and support small traders for hassle-free operations. **–BMB**

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LLOYDS METALS

Gondwana University, Gadchiroli

FACULTY RECRUITMENT 2025

University Institute of Technology (UIT), Gadchiroli

(A conducted institute of Gondwana University | In collaboration with Lloyds Metals & Energy Ltd.)

International MoU with Curtin University, Australia

Teach Where Transformation Begins.

Lloyds Metals & Energy Ltd. supports the launch of **UIT Gadchiroli** a first-of-its-kind industry-backed tech institute in Maharashtra's tribal heartland. With ₹25 crore funding and global **collaboration with Curtin University**, we're not just creating engineers we're shaping a future-ready India from the grassroots.

Approved by AICTE & Affiliated to MSBTE | Academic Autonomy | Full-Time Roles

We are hiring for Asst Professors

Department	Position	Minimum QualificationS	Preferred Experience
Computer Science and Engineering	HOD (L13)	MSc/M Tech, PhD in relevant field	11 years of experience including 8 years as Asstt. Prof.
Metallurgical Engineering	HOD (L13)	M.Tech PhD in Metallurgy / Relevant Discipline	11 years of experience including 8 years as Asstt. Prof.
Manufacturing Technology	HOD (L13)	M.Tech PhD in Manufacturing / Mechanical / Production / Relevant Discipline	11 years of experience including 8 years as Asstt. Prof.
Mining Engineering	HOD (L13)	M.Tech, PhD in Mining Engineering	11 years of experience including 8 years as Asstt. Prof.
Geology	Faculty (L10)	M.Sc. Ph. D.in Geology	3+ years teaching for diploma/UG program
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Chemistry	Faculty (L10)	M.Sc. Ph. D.in Chemistry	3+ years teaching for diploma/UG program
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Ooty Road woes: Motorists stuck on Mysuru's crumbling stretch

Unrest grows as dug-up road near JCK Park remains unrestored, causing severe traffic jams, potholes, waterlogging and commuters frustration during peak hours

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MYSORE INFRA

Ooty Road in Mysuru is a significant road that connects the city to Ooty and Kerala via Wayanad. Many motorists, especially tourists, commute on this road during the weekends either to reach Ooty or return to Mysore from Ooty.

However, a particular stretch near JCK Commercial Park has become a bottleneck, leading to regular traffic jams during peak hours. The issue stems from a portion of the road, running alongside a storm water drain, which was dug up a few years ago for laying utility pipes. While the digging was necessary, the Mysore City Corporation (MCC) has yet to asphalt the road or ensure that those responsible for the excavation restore the surface.

As a result, the road—already narrow—is being used for two-way traffic despite being suitable for only one-way movement. This has led to daily inconvenience for commuters, particularly during weekends when the road sees a high volume of tourist vehicles.

"There's no point in delaying the restoration of the road dug up for laying pipes. People, especially motorists, have been suffering in silence. The road needs to be widened by asphalting the stretch. It will help ease traffic and prevent future jams," said Vasanthkumar Mysoremath, a noted social activist.

The problem is not isolated. The road near JSS College Bus Stop is in a similar condition. Utility works were initiated long ago but remain incomplete. In the meantime, the traffic police have placed barricades along the dug-up portion to prevent accidents, but these only add to the congestion. Adding to the woes is the issue of waterlogging near the compound wall built by the Karnataka Industrial Areas Development Board (KIADB). In the absence of a drain between the road and the compound, rainwater accumulates during monsoons, creating large puddles that disrupt traffic and damage vehicles. The road is also riddled with potholes, making the drive more treacherous.

(1) Stretch near JCK Commercial Park unpaved for years, causing severe bottlenecks and two-way traffic struggles (2) Commuters wait beside puddle-ridden bus stops; road dug up and never fully restored or repaired (3) Rainwater floods roads as absent drainage worsens traffic chaos, damaging daily commute experience

> **"No meaning in delaying road restoration; motorists suffer silently. Widen and asphalt the dug-up stretch for smooth traffic**
> – Vasanthkumar Mysoremath, social activist

When contacted, MCC Commissioner Shaikh Tanveer Asif responded promptly and advised this correspondent to send photographs of the affected road. "I will forward the pictures to the concerned engineer and ask him to fix the issue," he assured. Whether this assurance will translate into timely action remains to be seen. Until then, motorists have no choice but to wait and watch.

'This is criminal offence'

CONTINUED FROM PAGE 1

inundation or an obstruction to any public drainage attended with injury or damage, and is punishable with imprisonment of either description for a term which may extend to five years, or with fine, or with both. The FIR was registered against CMG Security, Veeresh B Yandigeri, Shivakumar and others. According to the FIR, the rainwater outlet at Athashri Whitefield Apartment was closed by the accused and a few truck loads of soil was dumped on the drain that was developed by the BBMP. Narayanaswamy appealed to the police to ensure that the accused restore the rain water drain and clear the drain.

Narayanaswamy told BM that many people in the apartment complex are senior citizens. "We can't afford to be displaced due to flooding whenever it rains heavily. I have also informed the BBMP too about the rainwater outlet being blocked and the drain being closed off," said Narayanaswamy.

Ramani R, another resident, said the rainwater outlet has existed in the area for more than a decade. "We have a sewage treatment plant. We are not letting dirty water into the drain. The outlet was meant to facilitate rainwater flow into the nearest drain," he said.

Sandeep Anirudhan, Convener of Namma Whitefield, said it is the law that a drain cannot be blocked by anyone, and especially so, in this case, the drain is on a public path, which a private party is not allowed to even touch. "It is a cognisable criminal offence, covered by Section 326 (c) of BNS.

The police need to immediately act and arrest and perhaps punish the offenders including those who are ordering these mindless acts, even if that person is a state minister or his minions, for causing risk of injury to people and property and risk of lives as well by flooding. The police need to extend the investigation and file a sub moto FIR for last year's blocking of the drain through Holy Cross School as well, which threatened the lives of the school children," said Anirudhan.

He said that a drain, even if not marked on official maps, cannot be legally blocked or covered up, as it can lead to flooding, water logging, and other issues, regardless of whether it's officially recorded.

BBMP Assistant Executive Engineer Gururaj was not available for comment.

Karnataka leads India with 1,587 barefoot technicians deployed

Empowering rural NREGA workers with civil skills, Karnataka tops national BFT rollout, surpassing Bihar, Jharkhand, and West Bengal

Sridhar Vivan
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Karnataka has emerged as a frontrunner in the deployment of Barefoot Technicians (BFTs) across India, with 1,587 BFTs installed as of March 26, 2025. This positions the state at the top among all Indian states.

Of the 7,714 Barefoot Technicians deployed nationwide, Karnataka accounts for a significant share, surpassing states like Bihar (966), Jharkhand (600), and West Bengal (673). The figures were recently shared in the Lok Sabha by Union Minister of State for Rural Development Kamlesh Paswan.

Launched in the financial year 2015-16, the BFT initiative is operational across 20 states. It aims to equip selected Mahatma Gandhi NREGA workers with basic civil engineering skills. Once trained, these individuals identified from among existing NREGA workers or supervisors are capable of assisting in work identification, cost estimation, and accurately recording work progress in the official Measurement Book.

Paswan clarified that while the Ministry initiated the project, state governments are responsible for managing the deployment, framing service guidelines, and defining terms of engagement. He also reiterated the provision under the Mahatma Gandhi NREGA Act that mandates employment opportunities within a five-kilometre radius of a worker's residence. If the work site is farther, workers are entitled to an additional 10% of their wages to help cover transport and other costs.

> **"State governments manage Barefoot Technician deployment, defining service terms, and ensuring employment within a 5-kilometer radius for NREGA workers**
> – Union Minister Kamlesh Paswan

BFTs trained in civil skills assist in work estimation, site supervision, and project progress tracking.

In terms of welfare, the Minister added that if a worker dies or suffers permanent disability during the course of employment, an ex-gratia payment is provided through the implementing agency. Although NREGA workers are not covered under the Employees' State Insurance (ESI) scheme, they may avail benefits under other Central or State Government schemes they are eligible for, such as pensions or provident funds.

Service roads, shelters, ramps in expressway upgrade plan

Centre sanctions ₹711.72 crore for improvements on B'luru–Mysuru Expressway; project addresses accident-prone stretches with better access planning

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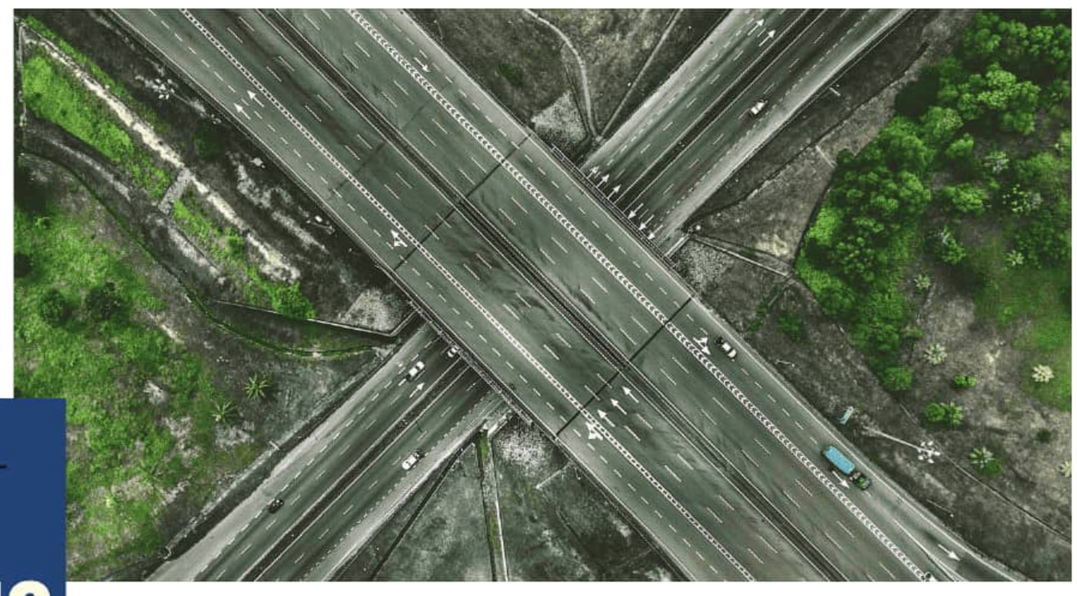

IN FOCUS
ROUTE RESET

The Bengaluru–Mysuru Expressway is set for a major safety revamp, with the central government approving an additional 711.72 crore to address long-standing concerns over entry and exit points, lack of service roads, and overall commuter safety. Built at a cost of nearly 9,000 crore, this 118-km six-lane expressway has seen a high frequency of accidents since it opened three years ago, largely due to the absence of critical infrastructure such as scientifically designed access ramps, pedestrian underpasses, and shelters.

Addressing infrastructure gaps

Despite being a premium corridor connecting Bengaluru to Mysuru, the expressway has faced criticism for poor planning in certain stretches—especially near Bidadi and Mandya—where service roads were either incomplete or completely missing. Entry and exit points were haphazardly designed, with no proper access management. Many of the accidents on the expressway occurred near these unsafe junctions, prompting demands for safer, more rational infrastructure planning. Multiple surveys and public feedback also pointed out the lack of pedestrian underpasses, bus bays, and scientific tolling based on distance travelled.

Scope of new project

Sources said that the National Highways Authority of India (NHAI) has been tasked with executing this large-scale upgrade over a two-year period. As part of the new plan, 14 dedicated entry and exit ramps will be constructed across the expressway. Each of these will have toll booths on both sides, enabling more efficient traffic movement and better toll collection based on actual usage. In addition, a 22.536-km stretch of new service roads will be built along various segments of the highway, significantly improving local access and connectivity.

The project will also include the construction of seven underpasses, three railway overbridges, one flyover near the Manipal Hospital junction in Mysuru, 35 bus shelters, and two truck bays. The implementing agency has already been awarded the contract for this ambitious upgrade, though an official commencement date is yet to be announced.

Rational tolling and commuter benefits

A NHAI official said, "One of the major highlights of this upgrade is the move toward a more rational tolling system. Currently, commuters are often charged flat rates regardless of the distance they travel. With the addition of new entry and exit points, tolls will now be levied based on the distance covered, offering significant relief to local travellers who use only portions of the expressway. The presence of service roads and dedicated bus shelters will further ease congestion."

Political response and gratitude

Dr CN Manjunath, Member of Parliament from Bengaluru Rural Lok Sabha constituency, said, "We had appealed to the Minister to address the serious safety concerns on the expressway, including the need for additional access ramps."

IN THE CITY

Bizman clears ₹38L road tax dues

Bengaluru businessman Yusuf Sharif, popularly known as KGF Babu, has paid over ₹38 lakh in pending road tax to the Karnataka Transport Department after officials found he had failed to clear dues on two luxury Rolls-Royce cars purchased from Bollywood actors Aamir Khan and Amitabh Bachchan.

According to officials, a raid was conducted in his residence at Vasanthnagar recently after the Regional Transport Office (RTO) received information that a Maharashtra-registered luxury vehicle was plying in Bengaluru without payment of Karnataka road tax.

The investigation revealed that the Rolls-Royce cars belonged to Babu.

Following the notice, Babu promptly cleared the dues, paying ₹19.73 lakh for the vehicle purchased from Aamir Khan and ₹18.53 lakh for the one bought from Amitabh Bachchan. Each car cost him Rs. 26 crore.

Speaking to reporters, Babu admitted his oversight "I had bought Rolls-Royce cars from actors Amitabh Bachchan and Aamir Khan. Both were registered in Maharashtra, and I had already paid the life tax there. I didn't know I was required to pay tax in Karnataka as well. It was my mistake, and I immediately settled the amount."

Lokayukta raids uncover ₹37 cr

The Karnataka Lokayukta on Wednesday carried out surprise, coordinated simultaneous raids on the residences of three Bengaluru government officials over allegations of accumulating disproportionate wealth and illegal land transfers, where three officials were found possessing assets far beyond their declared income. As part of a sweeping anti-corruption drive, Lokayukta Police searched 41 locations statewide.

Officials searched the homes, offices, and relatives' premises of HV Yarappa Reddy, BBMP Executive Engineer; Dr Vasanthi Amar, IAS, Special Deputy Commissioner, Rail Infrastructure Development Company (Karnataka) Limited; and Bagli Maruti, Assistant Director, Department of Urban and Rural Planning.

Investigations revealed that HV Yarappa Reddy, Executive Engineer with BBMP's CV Raman Nagar Division, held two residential plots, a house, ₹93,200 in cash, gold jewellery valued at ₹94 lakh, and vehicles worth ₹22 lakh, bringing his total assets to ₹2.62 crore.

Dr Vasanthi Amar BV, IAS, serving as Special Deputy Commissioner at Rail Infrastructure Development Company (Karnataka) Limited, was found possessing three plots, four houses, three acres of farmland, cash, etc.

IN HIGH COURT

HC scraps FIR; court finds no case of forced conversion

The Karnataka High Court nullified an FIR filed against three Muslim individuals who were accused of distributing Islamic educational materials and sharing their religious views at a Hindu temple.

The individuals faced charges under Sections 299, 351(2) and 3(5) of the Bharatiya Nyaya Sanhita, 2023 and Section 5 of Karnataka Protection of Right to Freedom of Religion Act, 2022. The court determined no offence was committed as there was no attempt at religious conversion.

According to the complainant, on May 4, at 4:30 pm, whilst visiting the Ramatheerth Temple, Jamkhandi, he encountered people distributing Islamic literature and explaining their faith.

The complaint stated that when temple devotees questioned these individuals about their activities, they allegedly responded by making disparaging comments about Hinduism.

The complaint also alleged that these individuals offered incentives, including vehicles and employment opportunities in Dubai, to encourage conversion to Islam.

The petitioners, seeking dismissal of charges, stated they were solely sharing teachings about Allah or Prophet Muhammad.

They argued that without evidence of attempted conversion, the FIR's allegations failed to constitute an offence under Section 5 of the KPRFR Act.

They also noted that Section 4 of the KPRFR Act specifies eligible complainants, and the second respondent, being uninvolved, lacked legal standing to file the complaint.

The prosecution contested the petition, maintaining that the FIR's contents indicated a violation of Section 5 of the Act.

The bench examined Section 3 of the Act, which prohibits forced religious conversion, and Section 4, which defines eligible complainants. Section 5 outlines penalties for violating Section 3. The court concluded, "In the present case, the complaint was lodged by a third party, who does not fall within the category of persons enumerated under Section 4 of the Act. Therefore, registration of FIR by 2nd respondent, who lacks locus standi, is legally invalid."

The court further noted that even accepting the FIR's allegations, no conversion attempt was evident, failing to establish an offence under Section 3. In quashing the FIR, the court stated, "The absence of these essential elements renders the allegations insufficient to constitute an offence under the Act. Consequently, the registration of the FIR, culminating in the filing of the charge sheet, is vitiated." **BMB**

SC declines plea against gag on Dharmasthala burial coverage

The Supreme Court on Wednesday refused to entertain a petition challenging a Bengaluru civil court's "ex-parte" and "sweeping gag order" that prohibited media outlets from publishing defamatory content about Harshendra Kumar D, brother of Dharmasthala Pattadhikari D Veerendra Heggade, regarding alleged burials in the temple town.

During the oral mention for early listing, Chief Justice of India BR Gavai suggested that advocate A. Velan, representing the YouTube channel Third Eye, should initially seek redress from the Karnataka High Court.

The petition sought temporary relief from the civil court's July 18 directive, which had mandated media organisations to remove previously published content related to the matter.

The petition contended that the civil court had imposed extensive restrictions and mandatory content removal requirements affecting numerous media entities across the country.

"This order, secured through a calculated abuse of judicial process and material misrepresentation by the plaintiffs, directly obstructs a high-level State criminal investigation into allegations of mass burials and serious crimes linked to the influential Dharmasthala temple. It is a frontal assault on the freedom of speech and the Press (Article 19(1)(a)) and the foundational principles of natural justice and due process (Article 21)," the petition said.

The Karnataka administration has established a SIT to probe the allegations. **BMB**

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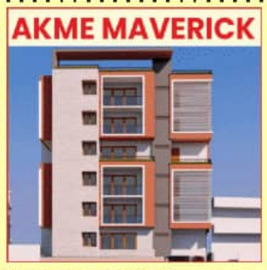
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I Shikha Verma, D/o Vimala Verma, R/o Ajmera Apartment, Neeladri Road, Electronic City Phase 1, Bengaluru- 560100, have changed my name to Shikha Verma Singhania

I Anil Kumar P S/O, Prathapmal Jain R/o No.18 1st Cross Double Road Near Cancer Hospital, C K C Garden Bengaluru - 560027 have changed my name to Anil Kumar Jain.

I, Prashanth Bhat, S/o Ramanna Bhat, R/o Flat No. B-204, Godrej Aqua Building, Hosahalli, Doddajala Hobli, Bengaluru has changed my name from Prashanth Ramanna Bhatt to Prashanth Bhat for all future purposes.

I, Sree R/o No.221, CV Raman road, 6th A cross, Rmv Extn, Sadashivanagar, Bengaluru 560080 have changed my minor daughter name from Advikhaa Sriee Yogaathipathy Sree Revathy to Advikhaa Sree. She shall be called by this name for all purposes

I, HEMAVATHI, residing at Near Gowri Gas Godown, Sigebagi Bhadra Colony Post, Bhadravathi, Shimoga-577301, Have changed my name to HEMAVATHI MANJUNATHA, vide affidavit dated 23/07/2025 sworn before Notary Aravind Patil G.G Bangalore

I, Mahaboob Pasha, (old name) S/o Abdul Khalaq, r/o Royal manor apartment 17/1 , 5th main road , 5th cross , SK garden, VTC : Benson Town , PO : Benson Town, Bengaluru 560046 , have changed my name to * Meheboob Pasha (new name) for all purposes.

I, Shaheen Begum W/O Sharfuddin K H # 2996 2nd Cross K B Sandra Blr-32 have changed my name to Shaheen Banu for all purposes

I, Tippu Rahman Khan S/o Tippu Khan R/o #46, Flat No-2,2nd Floor,4th Cross, Pottery Town Layout Willams Town B'lore-560046 have changed my name to Rahman Khan.

I, Desai Kumar Mansukhlal R/o The Signature Apartment,flat No 802 B Wing,sama Harni Link Road,vtc: Vadodara,po: Harni Colony,district: Vadodara,sate: Gujarat Pin:390022 have changed my minor daughter's name from Riva to Riva Kumarbhai Desai.

I Mohammad Arif Ulla S/O, Abdul Jaleel R/o No 40-a Agalakuppe Road Nelamangala Taluk Sompura Hobli Dobbespet Post Nelamangala Bengaluru Rueal - 562111 have changed my name to Mohamad Arif Ulla.

I, MOHAMMED ZEESHAN KHAN (Old Name) S/o Tamjeed Khan residing at No.49, 7th Main Road, 16th Cross, Padarayanapura, Bengaluru-560026, have changed my name to ZEESHAN KHAN (New Name) vide affidavit dated: 23/7/2025 Before Notary H.S. Sakalesh Aradhya Bangalore.

I Chetan Kumar S/O, Sanjukumar C R/o No 30,2nd Cross,heerachand Layout,jeevanahalli,frazer Town,bangalore-560005 have changed my name to Chethan Kumar S.

I, Shivakumar, R/o No.3 Moulya Nilaya, 2nd Cross, Nagarajappa Layout, B Narayanapura, B'luru-560016 have changed my name to U Shivakumar for all purposes.

I, Manish Sohanraj Bafna, R/o Flat No 4D SVG Manhattan Apt VV Puram 560004, Have changed my name from Manish Bafna to Manish Sohanraj Bafna for all Purposes.

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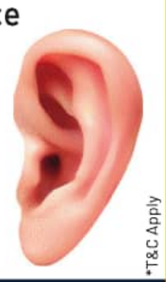
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A TO K OF VITAMINS

What you need, where to get it

The late, great comedian Barry Humphries (of Dame Edna fame) once spoke whimsically about the health benefits of kale. Just one fistful, he joked, contained enough essential vitamins, minerals and trace elements to keep you in a sedentary position in the bathroom for two whole days. Apparently, it wasn't tasty enough to justify a second helping.

In a world where "superfoods" are relentlessly marketed for their supposed ability to deliver all the nutrients we need, it's worth asking: which vitamins really are essential? And aside from kale (which I actually rather like), what foods help us meet our daily needs?

Vitamin A

Let's start at the top. Vitamin A – also known as retinol – is found in foods like eggs, oily fish and dairy products. It plays a crucial role in keeping your skin and immune system healthy.

But it's probably most famous for supporting vision. Vitamin A binds with light-sensitive pigments in the rod and cone cells of your retina, helping you to see, particularly in low light.

A deficiency in vitamin A, though uncommon in wealthy countries, can lead to serious vision problems and even blindness. Another source of vitamin A is beta-carotene, found in colourful fruits and vegetables like carrots, peppers, spinach and pumpkin. Your body converts beta-carotene into vitamin A, which is why we associate carrots with seeing in the dark.

Vitamin B

The B vitamins are a family of eight different nutrients, each with its own number and role.

B1 (thiamin) helps the nervous system and aids digestion. People with chronic alcoholism are especially at risk of deficiency, which can lead to Wernicke-Korsakoff syndrome, a serious neurological disorder that affects memory and movement.

B2 (riboflavin) and B3 (niacin) support similar functions, while B9 (folate) and B12 (cobalamin) are essential for red blood cell production. A lack of either can lead to anaemia.

Folate is especially important in early pregnancy, helping to prevent neural tube defects like spina bifida. That's why it's recommended for people who are pregnant or trying to conceive.

You'll find B vitamins in everything from beans and legumes to meat, fish and dairy; a wide-ranging family of nutrients in a wide-ranging variety of foods.

Vitamin C

The go-to vitamin when we're under the weather, whether from a virus or a hangover, vitamin C (ascorbic acid) is known as the "healing" vitamin for good reason. It promotes wound healing, supports tissue repair and helps maintain blood vessels and bones.

A deficiency in vitamin C causes scurvy – a condition once common among sailors – with symptoms like fatigue, bruising, depression and gum disease.

Fortunately, vitamin C is found in many different fruits and vegetables, especially citrus fruits. That's why 19th-century British sailors were given limes to prevent scurvy, earning them the nickname "limeys".

Vitamin D

Vitamin D is essential for bones, teeth and muscles. It can be absorbed through diet, especially from oily fish, eggs and meat, but your body also makes it in the skin, thanks to sunlight.

In the summer, most people get enough vitamin D from being outside. But in the winter months, diet and, if needed, supplementation become more important.

Deficiency is more common, especially in areas with limited sun exposure. It can lead to soft, weakened bones and symptoms like bone pain, fractures and deformities – including the classic bow-legged appearance. In children, this condition is known as rickets; in adults, it's called osteomalacia.

Vitamin E

Often overlooked, vitamin E helps protect cells, supports vision and bolsters the immune system. You'll find it in nuts, seeds and plant oils and it's usually easy to get enough through a varied diet.

Vitamin F (Sort of)

Not actually a vitamin, "vitamin F" is just a nickname for two omega fatty acids: alpha-linolenic acid (ALA) and linoleic acid (LA). These essential fats support brain function, reduce inflammation, and help maintain healthy skin and cell membranes. Since they're technically not vitamins, we'll let them quietly bow out.

Vitamin K

No, you didn't miss vitamins G through J: they were renamed over the years. But vitamin K is real, and crucial for blood clotting.

Deficiencies are more common in children, and can lead to bruising and bleeding that's hard to stop. Supplements are effective and given after birth.

Most adults get enough through foods like leafy greens and grains.

And the winner is…

All these vitamins are important – and all are found in a wide range of everyday foods. But which single food provides the widest variety?

Kale, oily fish and eggs come in strong at second, third and fourth. But number one is: liver.

Yes, liver. The stuff of childhood dread and overcooked school dinners. But it's also rich in vitamins A, B, D and K. So rich in Vitamin A, in fact, that it's advised to eat it only once a week to avoid vitamin A toxicity, and not at all if you're pregnant. Sometimes, you just can't win.

(By Dan Baumgardt, University of Bristol, The Conversation)

MIRRORLIGHTS

Study claims beetroot juice can lower blood pressure in elderly

Older adults with high blood pressure may benefit from drinking beetroot juice, claimed a study on Wednesday.

The blood pressure-lowering effect of nitrate-rich beetroot juice in older individuals may be attributed to specific changes in their oral microbiome, according to a study led by researchers at the University of Exeter in the UK.

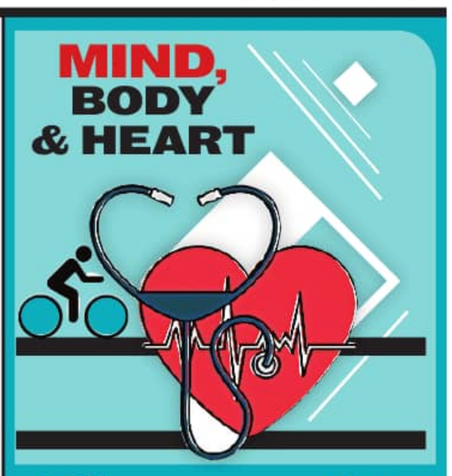
Nitrate is crucial to the body and is consumed as a natural part of a vegetable-rich diet.

In the study, when the older adults drank a concentrated beetroot juice 'shot' twice a day for two weeks, their blood pressure decreased. However, the effect was not observed in the younger group, as revealed by the findings published in the journal Free Radical Biology and Medicine.

"This study shows that nitrate-rich foods alter the oral microbiome in a way that could result in less inflammation, as well as a lowering of blood pressure in older people. This paves the way for larger studies to explore the influence of lifestyle factors and biological sex in how people respond to dietary nitrate supplementation," said Professor Andy Jones, of the University of Exeter.

"The good news is that if you don't like beetroot, there are many nitrate-rich alternatives like spinach, rocket, fennel, celery, and kale," added Professor Anni Vanhatalo, from the varsity.

—IANS



All you need to know about...

Fight languages

Avoidance
Do you tend to brush things under the carpet and avoid the conflict altogether, either by changing the subject, pretending things are fine, or even withdrawing from the conversation? Slapping a band-aid on issues rarely ever fixes things. It might feel easier in the moment, but unresolved tension usually sneaks in sooner than later.

Blame Game
It's an easy way to dodge responsibility, but it usually just keeps the argument going in circles. Deep down, we know it doesn't solve anything, but sometimes it feels safer than admitting we're wrong. The truth? Taking a little accountability might be uncomfortable, but it's the fastest way to put an end to a silly argument.

Silent Treatment
This is when one partner refuses to talk and shuts down during an argument. According to statistics, women usually tend to give their partner the silent treatment every time they're mad at them. It might feel like a break from the drama, but really, it leaves the other person confused and stuck, wondering what's going on. Staying silent might seem easier in the moment, but it often makes things worse instead of better.

Analysis
This is the "let's break it down" approach, where logic, facts, and reason take centre-stage to figure out what really went wrong. It can help clear the air by cutting through the emotional fog and getting straight to the heart of the issue. The upside? It often leads to practical solutions and keeps things from spiralling into unnecessary drama. But beware, too much analysis can sometimes make emotions feel overlooked or dismissed.

—Femina

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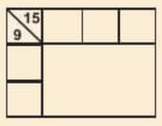
@BangaloreMirror

SOLVE IT IN A MINUTE

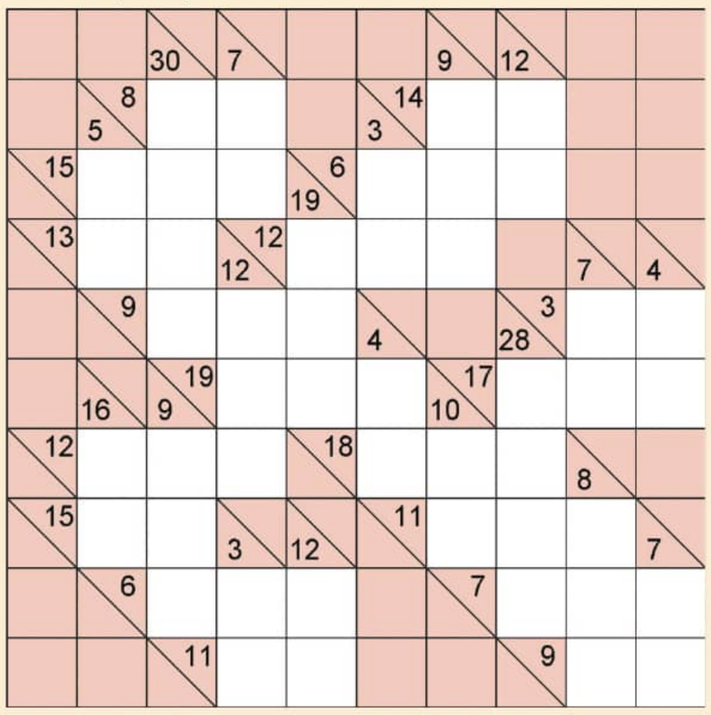
Bill thinks his watch is 13 minutes behind but it is actually 18 minutes ahead. What time is it if he tells you it's 2:57?

Kakuro

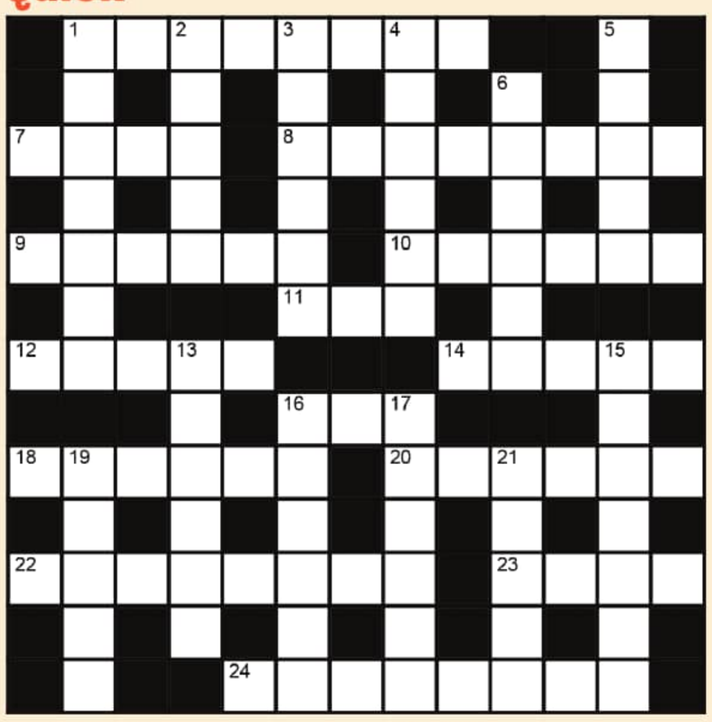
The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.



Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 Without having to pay the landlord? (4-4)
7 Bruhat Bengaluru Mahanagara Palike in short (4)
8 Distributed in fixed portions (8)
9 Column; post (6)
10 ___ eye : tendency to ogle? (6)
11 French season (3)
12 North African country (5)
14 Series or a group of six (5)
16 Obeisance or curtsy (3)
18 A crudely built hut or cabin (6)
20 Feeds into a computer (6)
22 Trustworthy (8)
23 Little devils! (4)
24 Angrily, being warm? (8)

DOWN

1 Teasing; making fun of (7)
2 A country between India and Tibet (5)
3 Public indignation (6)
4 Whole and complete (6)
5 Colour for go (5)
6 Paris' famous art museum (6)
13 Learned man in India (6)
15 Post-mortem? (7)
16 Cheerio (3-3)
17 Broadest (6)
19 Scavenging African animal (5)
21 Was too nosey (5)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: J EQUALS H

PJQMQ WB JNMIXT N YNH VH QNMPJ UJV UWXX PNDQ NIAW-RQ OHXQBB JQ WB RQMPNWH PJNP WP WB FVBWPWAQXT GNI.

Linemaro

You must be a ship because you've always been on my radar

Mindchow

Be not afraid of going slow, be only afraid of standing still

Joke of the day

I intended to give you some advice, but now I remember how much is left over from last year unused

Loop

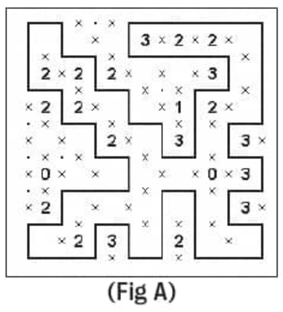
Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

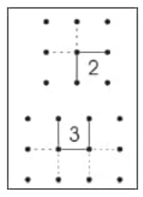
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

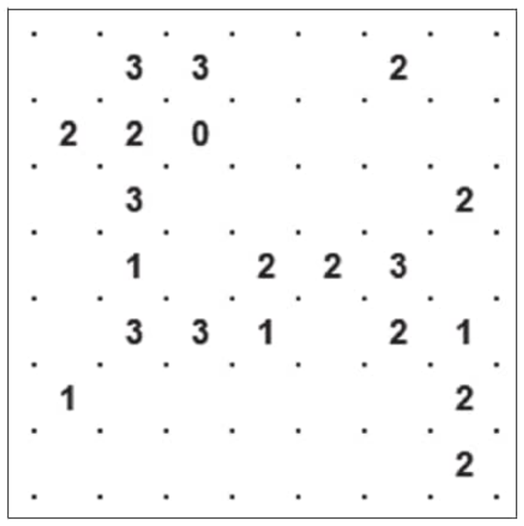
Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



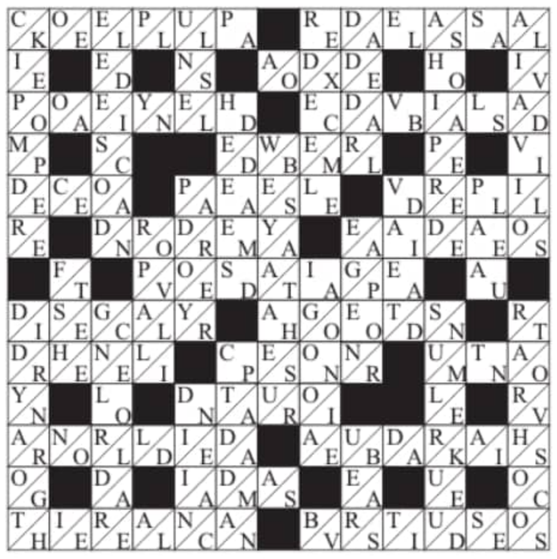
(Fig A)



(Fig B) Not Allowed



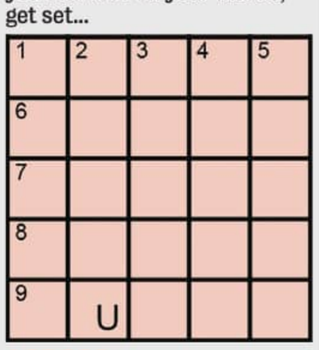
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

1 At vas; 6 Ellis; 7 Or nip; 8 Times; 9 Runes

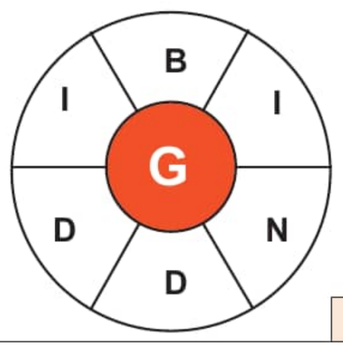
DOWN

1 A lion; 2 IV rut; 3 Apers; 4 Miss L; 5 Teens

Mensapuzzle

Which letter completes the puzzle?

Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

01 Average; **02** Good; **03** Outstanding

SudokuChallenge

	7		4		3		8	
1	2						5	3
4				1				6
		6	8		7	1		
		2				6		
		1	6		2	8		
9				3				4
3	6						1	2
	5		1		6		9	

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy

= 9

4 6 6 7

Medium

= 41

4 5 7 8

Hard

= 26

2 6 7 2

Hocusfocus

Find at least six differences in details between panels.

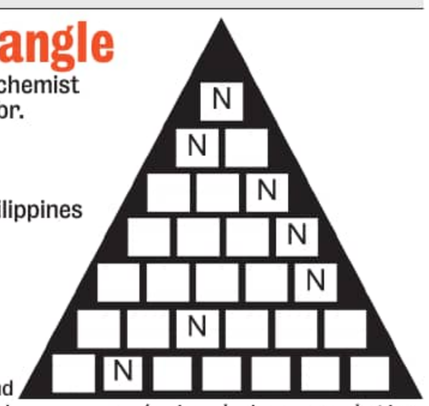
Differences: 1. Briefcase is larger. 2. Shoelace is added. 3. Finger is moved. 4. Hat is different. 5. Shape of seat back is different. 6. Window is different.

Riddler

Find the animals hiding in the lines below.
1. We do good deeds.
2. I'm going to have a go at skydiving.
3. If they respond with vigor, I'll arrange a meeting.
4. It's more of a cruise-ship port than a harbor
5. The thieves tried to hijack a light-blue truck.

Alpha triangle

1 Nitrogen for the chemist
2 Not available, abbr.
3 Adult male
4 Principal
5 Author Kundera
6 Capital of the Philippines
7 Creatures



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

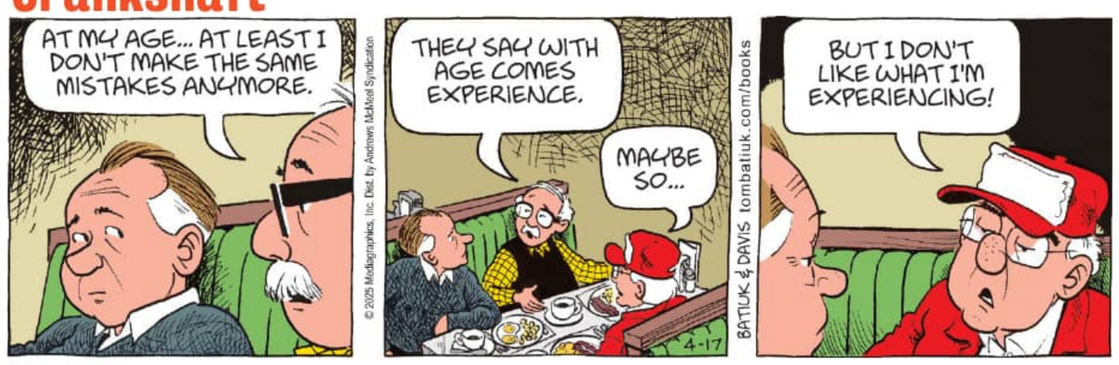
Popeye

Bizarrotrip

Diamond Lil

Hart of the city

Crankshaft



Mutts

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Good news is likely today regarding your career. Job seekers may feel motivated and focused to succeed in entrance exams through hard work. Singles may receive positive news about marriage prospects, while couples could hear encouraging updates concerning childbirth.

Taurus Apr 21 – May 20
Today, you might consider relocating or making changes, but it's advisable to delay such decisions for now. Avoid business investments as well. By evening, circumstances will likely improve, and guidance from an elder could help you stabilise the situation.

Gemini May 21 – Jun 21
Patience will be your strength today. Meditation could sharpen your concentration, accelerating your work progress. Support from subordinates may help you finish projects ahead of schedule. A short work-related trip might connect you with an influential person who could assist in expanding your business.

Cancer Jun 22 – July 23
You may spend on home improvements or artistic items, boosting your social image. Implementing new ideas in your family business could yield future gains. Social and family gatherings may also keep you busy today.

Leo Jul 24 – Aug 23
Today is favourable, with good health and high energy levels. You'll enjoy your work, but be mindful not to be overly blunt. Avoid unnecessary arguments, especially within the family. Job seekers may find suitable opportunities, while couples are advised to avoid trivial disputes.

Virgo Aug 24 – Sep 23
Today, lunar energy is not in your favour. Feelings of dissatisfaction and impatience may slow your progress. You might struggle to complete tasks or fulfill goals. Try to stay committed to responsibilities, even if motivation is lacking.

Libra Sep 24 – Oct 22
Blessed by the Moon, work-related stress will ease today. Your earnings could turn into profits, and long-term investments might look promising. An overseas work order may bring future financial gains. Singles might meet someone special. Students could receive positive academic news.

Scorpio Oct 23 – Nov 22
Today favours professional success. You'll easily implement business plans with your team's support. Investments—both intellectual and financial—may start producing profits, boosting your confidence. Use your wisdom strategically for further gains.

Sagittarius Nov 23 – Dec 22
Spiritual energy surrounds you today, lifting your mood and encouraging a positive outlook. A visit to a religious place or exploration of spiritual knowledge may appeal to you. Interest in occult sciences could also develop. Keep your thoughts private, sharing only with those who understand your perspective.

Capricorn Dec 23 – Jan 20
Nervousness and impatience may trouble you today. You might feel drawn to mystical practices in search of calm. Trust your intuition before taking any major step. Focused research or deep learning on a subject could help centre your mind. Meditation or mantra chanting may bring peace.

Aquarius Jan 21 – Feb 19
Moon's blessings will boost your inner strength today. New business or professional opportunities may arise, promising future financial gains. Couples might receive joyful news regarding childbirth. For lovebirds, open communication will help strengthen your relationship.

Pisces Feb 20 – Mar 20
With lunar support, situations will stabilise today. Your hard work will likely be recognised by superiors, possibly leading to promotions. Stalled payments may finally clear, improving business liquidity. Legal matters might resolve favourably. Many partnership issues are likely to settle now, bringing smoother collaborations.

KIDZONE

Rahul, Bengaluru

Haripriya, Bengaluru

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011;
Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
It is really 2:26. He think his watch is 13 minutes behind so he added those 13 minutes to get 2:57. His watch actually says 2:44 . But that 2:43 is actually 18 minutes ahead of the correct time so the correct time is 2::26 .

RIDDLER
1. Dog, 2. Goat, 3. Gorilla, 4. Hippo, 5. Jackal

FAST FIVE

A	V	A	S	T
L	I	S	L	E
O	R	P	I	N
I	T	E	M	S
N	U	R	S	E

BULL'S EYE
BIDDING, bliding, ding

STRIKE OUT

K	E	E	P	U	P	■	E	D	E	S	S	A	■	■
I	■	D	■	S	■	A	■	B	R	I	D	E	S	■
P	A	I	N	E	D	■	C	A	B	A	L	A	■	V
P	■	S	■	E	W	E	R	■	P	■	■	I	■	I
E	C	O	■	P	E	E	L	■	D	E	L	L	■	L
R	■	N	O	R	M	A	■	A	I	D	E	S	■	■
■	F	■	V	E	S	T	I	G	E	■	A	■	T	■
D	E	C	A	Y	■	H	O	O	D	S	■	T	■	■
R	E	E	L	■	P	E	N	N	■	U	N	O	■	■
Y	■	L	■	N	A	R	I	■	■	L	■	R	■	■
R	O	L	L	E	D	■	A	B	A	K	A	S	■	■
O	■	A	■	I	M	A	■	A	■	E	■	O	■	■
T	I	R	A	N	A	■	B	R	I	D	E	S	■	■

QUICK

■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
■	■	■	■	■	■	■	■	■	■	■	■	■	■	■

QUOTE UNCODE
There is hardly a man on earth who will take advice unless he is certain that it is positively bad.

MENSA PUZZLE
I. Starting with the top two segments, the sum of the numerical values of letters in adjoining segments equals 20.

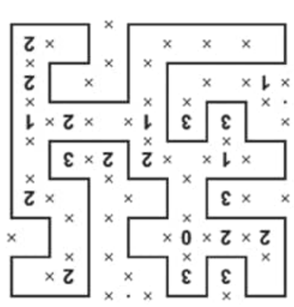
SUDOKU

6	7	5	4	2	3	9	8	1
1	2	9	7	6	8	4	5	3
4	8	3	5	1	9	2	7	6
5	3	6	8	4	7	1	2	9
8	9	2	3	5	1	6	4	7
7	4	1	6	9	2	8	3	5
9	1	8	2	3	5	7	6	4
3	6	7	9	8	4	5	1	2
2	5	4	1	7	6	3	9	8

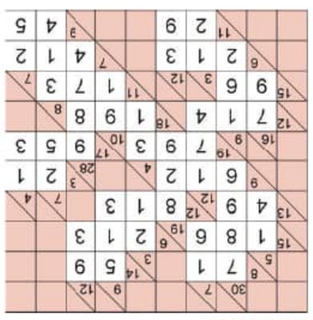
ALPHA TRIANGLE
N, NA, Man, Main, Milan, Manila, Animals.

GO FIGURE
Easy
4 – 7 + 6 + 6 = 9
Medium
7 x 4 + 5 + 8 = 41
Hard
6 – 2 x 7 – 2 = 26

LOOP



KAKURO



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 # Betting apps case Actor Rana Daggubati has sought an alternate date to appear before the Enforcement Directorate in the case relating to alleged promotion of illegal betting apps

Relationships not 'trophy hunt'

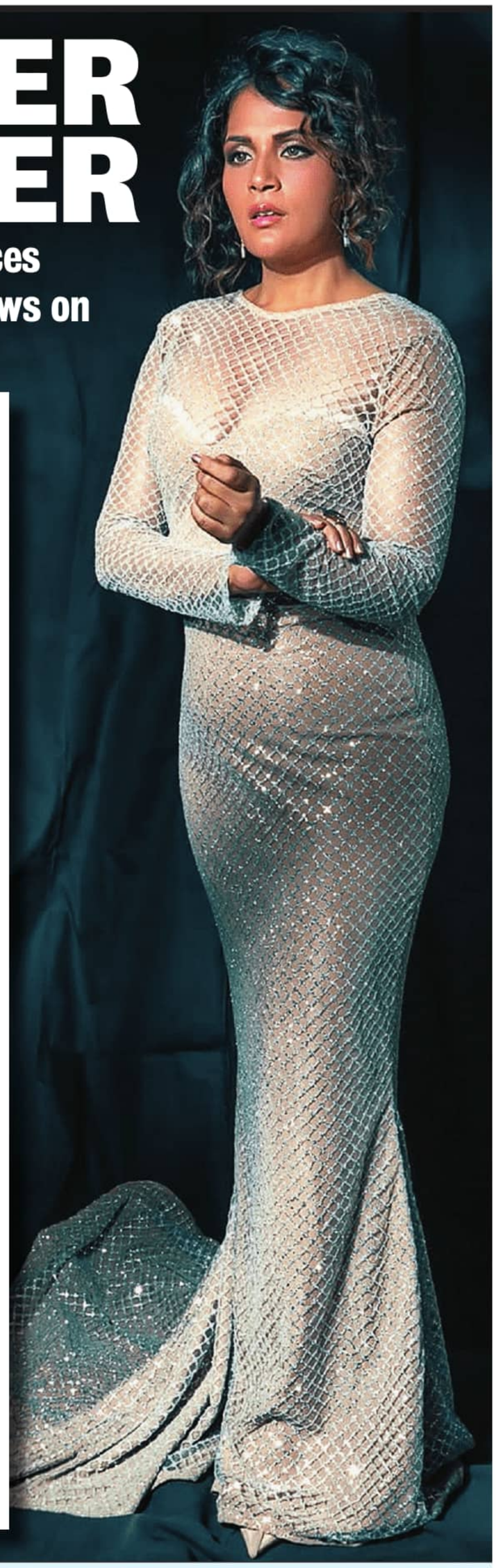
For many movie lovers, Ameesha Patel has set the gold standard for romantic characters. But what does love look like for her in real life? In a chat with Mumbai Mirror, she says, "My ideal partner should be genuine, loyal, and someone who prioritises our mutual happiness. There must be respect and an understanding of each other's personality and profession. Intellectual compatibility is important. It should not be about personal gains. No one should be a trophy for the other."

Apart from her much-talked-about comeback in Gadar 2, Ameesha also made headlines for her comments on nepotism, including during her debut award acceptance speech where she spoke about being an outsider in the industry. A clip from that speech resurfaced online. She says, "I didn't start the conversation on nepotism. All I said was that I don't have a godfather. But I have God."

—Neha Maheswri, TNN

GENDER BENDER

Richa's life experiences have distilled her views on bias in the society



Richa Chadha is one of Bollywood's most outspoken and versatile actors. She recently opened up about facing gender bias as a young girl, not from the outside world, but from her own family.

Speaking to Lily Singh in a new interview, she shared a moment from her childhood that stayed with her. "I was a kid just jumping on the bed, and my Nani, who was visiting us, said, 'If you keep jumping like this, no one would want to marry you. You can't do this in your in-laws' house. I didn't even understand what she was saying. I must have been seven or eight. And I was like, is she crazy?" Richa recalled.

Richa said she didn't understand what her grandmother meant back then. But later, her mother helped her understand where those words were coming from. Her grandmother was not trying to be mean, she was simply speaking from her own life experience.

"She was born in 1920 and got married at the age of 13. So, she was coming from that context," Richa explained.

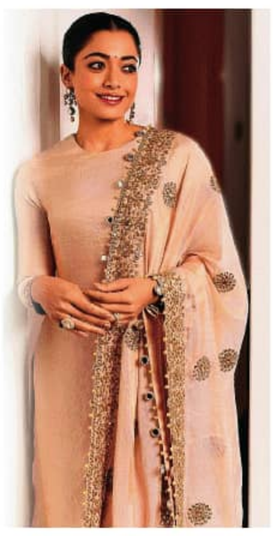
In the same interview, Richa was asked what we can do to make the world a better place for girls. Her answer was simple and powerful: we need to raise better boys. "Just focus on the sons. You have to focus on the sons. That's it. It's not the daughters doing it to other daughters. The son needs to have a strong bond with his father. The son needs to understand consent from the mother. The son needs to see that the father treats the mother and sister well. The sister has to be fed the same as the son and sent to school. Women are the backbone of our country. We can't be happy if 50% of the population is watching who is following them, stalking them," she said. **— ETimes**

Hollywood is waste machine

Actor Benedict Cumberbatch called out Hollywood for being a "grossly wasteful industry," specifically when it comes to food waste, according to The Hollywood Reporter.

Recently, he appeared on Ruthie's Table 4 podcast, where he discussed seeing wastefulness firsthand, such as the strict diet he had to follow to undergo a "body transformation" for his role as Doctor Strange in the Marvel Cinematic Universe. Though Cumberbatch shared that he likes the physical transformation aspect of his job, he also recalled having to eat five meals a day to meet his calorie intake goal, in addition to snacks like boiled eggs, crackers, almonds and cheese, which he called "horrific." He also talked about set builds that aren't recycled, transport, food, housing, light and energy," he said. **— ANI**

Rashmika's journey of love, magic, & memories



Actress Rashmika Mandanna has embarked on a new journey with her perfume brand "Dear Dairy". Recalling all the challenges they had to overcome to make her long-held dream a reality, she termed it 'a journey of love, magic, and memories'.

The actress revealed that she had been wanting to launch her perfume line for a long time, as perfumes have always felt personal to her, "If I'm being honest.. this idea lived in my heart for a long, long looooonggg time. Perfumes always felt so personal to me.. like tiny memory bottles we carry around.. And somewhere deep down.. I always knew I wanted to create something in this space.. something real.. something beautiful.. something very intimate..," she wrote on her IG. Revealing what all went behind bringing "Dear Dairy" to the shelves Rashmika penned, "From that little spark to the manyyy meetings, endless moodboards, testing (and i'm not kidding) a million scent notes... I think this is it'.. Every detail mattered.. every step was special."

— IANS

SANDALWOOD SHOTS

Y MAHESWARA REDDY

6-year wait is over

The soundtrack of the much-delayed film Hikora was unveiled by prominent personalities of Sandalwood such as Karnataka Exhibitors' Association president KV Chandrasekhar, Kannada Film Producers' Association president Umeah Banakar, Kannada Film Directors' Association president NRK Vishwanath, lyricist-cum-director Dr V Nagendra Prasad and others.

The movie is bankrolled by Rathna Sridhar. Ninasam Kitty, who is the director, also plays the lead in the movie.

"I was trained in acting at Ninasam. Producer Rathna and her husband Sridhar used to run an eatery at Ninasam. Rathna ma'am and her husband came forward to bankroll the movie a few days before Covid 19. They faced a lot of problems during the lockdown. Now, they have arranged to release the movie," said Kitty.

He said the movie will be out in theatres shortly. "We are all aware that corona is a virus. Anti-virus vaccine is needed to control coronavirus. Our movie Hikra is like a vaccine -- you must watch the movie to know which virus we are talking about," he said.

Rathna Sridhar thanked everyone for attending the event. "Ninasam student Sardar Satya has acted in the movie without any pay. I am very happy with Ninasam Kitty's work. The movie turned out well," said Rathna.

Songs from the heart

The fourth and last song of the music album Maththe Modalinda was unveiled by lyricist Jayant Kaikini. The song – Nee Hoda Mele – was written by director Yogaraj Bhat, sung by Vasuki Vaibhav with music by V Harikrishna. Sanjana Kaje and Anjali Gowda appear in its video.

Thanking Jayant Kaikini for unveiling the song, director-cum-lyricist Yogaraj Bhat said Maththe Modalinda has four songs which represent four colours, white, red, green, and blue. "All the songs have received good feedback and response. I wrote all four songs. Well-known music directors have composed music and popular playback singers have sung it," said Bhat.

Lyricist Jayant Kaikini said that break-up songs are popular. "Director Bhat is known for penning break-up songs. The song – Nee Hoda Mele – belongs to that category. V Harikrishna's music and playback singer Vasuki Vaibhav have added value to the song," said Kaikini.

Vasuki Vaibhav said that he was very happy to sing the song written by director Bhat.

Sanjan Kaje, one of the actors, said that he was lucky to get a chance to appear in the music video.